

Triggers & Cravings

Thomas Freese, Ph.D.
Integrated Substance Abuse Programs,
University of California, Los Angeles

Trigger

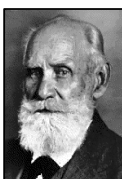


A trigger is a stimulus which has been repeatedly associated with the preparation for, anticipation of or the use of drugs and/or alcohol. These stimuli include people, things, places, times of day, and emotional states.

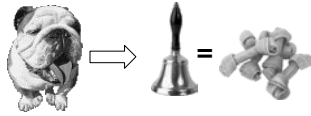
Triggers: Stimulant Users

- **Alcohol Use**
- Drug Using Friends
- Environmental Cues
 - i.e. ATMs, freeway exits, streets
- Stimulant - Sex Connection
- Boredom

I.P. Pavlov (1849-1936)

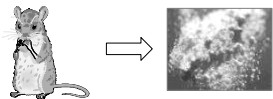


Pavlov's Dog



An experiment

A mouse will choose a lit cage over a dark cage, its natural preference, in order to obtain the stimulant



Social Phase: Cognitive Process

Alcohol Or Drugs

PROS

Relief
Euphoria
Increased Energy
Increased Sexual/Social Confidence
Increased Work Output
Increased Thinking Ability

CONS

May Be Illegal
May Be Expensive
Hangover/Feeling Ill
May Miss Work

Social Phase: Conditioning Process

Conditioned Connection:MILD

Triggers

▪Parties
▪Special Occasions



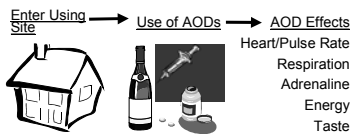
Responses

▪Pleasant Thoughts about AOD
▪No Physiological Response
▪Infrequent Use

Social Phase: Obsessive Thinking



Social Phase: Craving Response



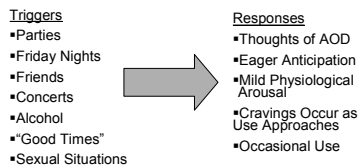
Abuse Phase: Cognitive Process

Alcohol Or Drugs

<u>PROS</u>	<u>CONS</u>
Depression Relief	Vocational Disruption
Confidence Boost	Relationship Concerns
Boredom Relief	Financial Problems
Sexual Enhancement	Beginnings of Physiological Dependence
Social Lubricant	

Abuse Phase: Conditioning Process

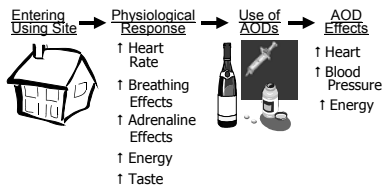
Conditioned Connection: MODERATE



Abuse Phase: Obsessive Thinking



Abuse Phase: Craving Response



Addiction Phase: Cognitive Process

Alcohol Or Drugs

PROS

Social Currency
Occasional Euphoria
Relief From Lethargy
Relief From Stress

CONS

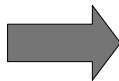
Nose Bleeds
Infections
Relationship Disruption
Family Distress
Impending Job Loss

Addiction Phase: Conditioning Process

Conditioned Connection: STRONG

Triggers

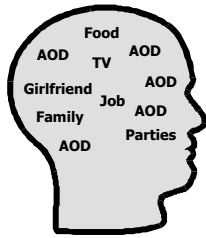
- Weekends
- All Friends
- Stress
- Boredom
- Anxiety
- After Work
- Loneliness



Responses

- Continual Thoughts of AOD
- Strong Physiological Arousal
- Psychological Dependency
- Strong Cravings
- Frequent Use

Addiction Phase: Obsessive Thinking



Addiction Phase: Craving Response

Thinking of Using Site → Mild Physiological Response



- ↑ Heart Rate
- ↑ Breathing Rate
- ↑ Energy
- ↑ Adrenaline Effects

Addiction Phase: Craving Response

Entering Using Site → Powerful Physiological Response



- ↑ Heart Rate
- ↑ Breathing Rate
- ↑ Energy
- ↑ Adrenaline Effects



- Use of AODs → AOD Effects
- ↑ Heart
 - ↑ Blood Pressure
 - ↑ Energy

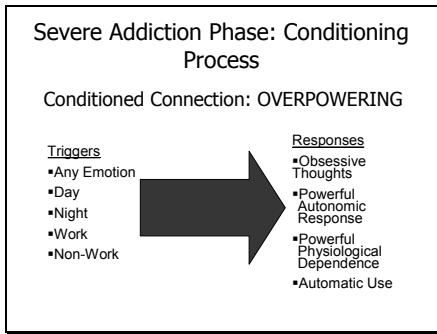
Severe Addiction Phase: Cognitive Process
Alcohol Or Drugs

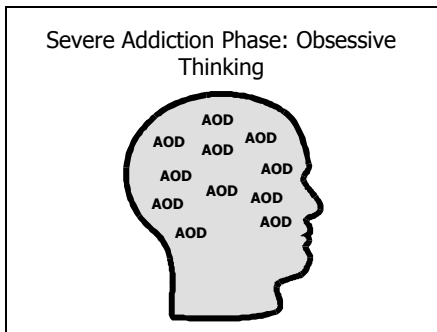
PROS

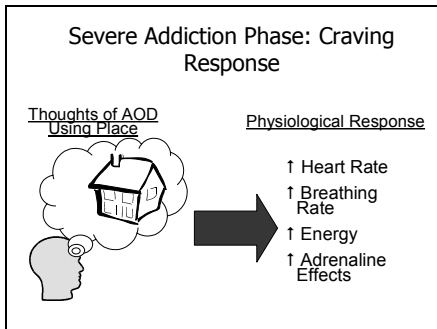
- Relief From Fatigue
- Relief From Stress
- Relief From Depression

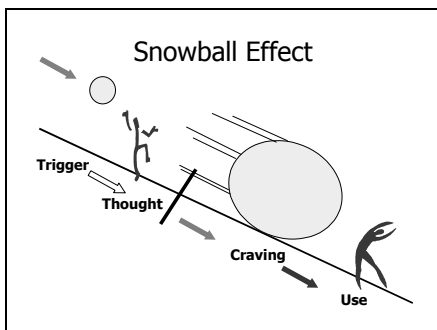
CONS

- Weight Loss
- Paranoia
- Loss of Family
- Seizures
- Severe Depression
- Unemployment
- Bankruptcy









Techniques for Thought Stopping

- **Learn to recognize “using thoughts”**
- Use visual imagery
- Snapping
- Relaxation
- Prayer
- Call someone

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